

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (Currently Amended): A metal seal of ring as a whole disposed between a first contact flat face portion and a second contact flat face portion, comprising a middle base portion of an approximately rectangular cross section and having a first short side forming an inner peripheral face and a second short side forming an outer peripheral face, a first contact convex portion which contacts the first contact flat face portion, and a second contact convex portion which contacts the second contact flat face portion, in which the first contact convex portion is protruding from a position on an inner side of the middle base portion, adjacent the first short side and spaced from second short side, the second contact convex portion is protruding from a position on an outer side of the middle base portion, adjacent the second short side and spaced from the first short side, [[and]] torsional elastic deformation turning around the middle base portion as a center is generated by pressing force from the first contact flat face portion and the second contact flat face portion in an attached and compressed state, and the torsional elastic deformation returns to a free state when the first and second contact flat face portions are parted from each other.

Claim 2 (Currently Amended): The metal seal as set forth in claim 1, wherein ~~the middle~~  
~~base portion has an approximately rectangular cross-section, and~~ each of the first contact convex  
portion and the second contact convex portion has a half-circular or half-elliptical cross section.

Claims 3-12 (Canceled).